

ISSN 2231-3265

International journal of Health,Physical education and computer science in sports

Volume no .26,no2

Journal impact factor 3.565

Apeer Reviewed (Refereed)International Research Journal

Role of physical education in child Development

Dr.P.Ratna Mary

Lecturer in Economics St Theresa's Autonomous College for Women

Abstract:

There is greater awareness in our country after Asiad 82 regarding the value of physical education and sports and after Asiad '86 regarding the low standards of performance of our country. The national sports policy '83 spells out the need for providing adequate facilities and programmes for physical education and sports and mass participation. The national policy on education 86 gives great importance to physical education and sports and has stipulated that a nation wide infrastructure for physical education sports and games shall be built into the edifice of education.

Research by the Physical Activity Council emphatically shows that adults who have PE are less sedentary and participate in more activities outside of school. With 48% of all high schools having no PE today and schools reducing that amount of PE, is it any wonder why we are fighting an obesity and sedentary crisis?

Do you know the best way to increase the physical activity and fitness? The best way to reduce obesity level? Reduce sedentary levels? An easy way to improve student performance in academics?

Its quality physical education. And we have compelling research showing all the benefits of Physical education.

A good Physical education program improves children's muscular strength, flexibility, muscular endurance, body composition (fat-to-muscle ratio) and cardiovascular endurance. Physical education prepares children to be physically and mentally active, fit and healthy...for life. Here are some of the many benefits children receive from a quality Physical Education program: it improves physical fitness, develops motor skills, Provides regular, healthful physical activity, Teaches self-discipline, Facilitates development of student responsibility for health and fitness, Influences moral development, leadership, cooperation with others, reduces stress – an outlet for releasing tension and anxiety, Strengthens peer relationships, improves self-confidence and self-esteem, helps you respect your body, classmates and teammates, gives experience in setting goals, Improves academics - a big bonus benefit too.

Key words: stress, activity, leadership, self-discipline and self-esteem, peers, pediatrics, Intelligence

If we fail to introduce our tiny tots to the concept of physical culture what we inherit will be a society which is lazy and restless. The success of socialist countries in achieving excellence in sports lies in their earnest attempt to combine education with physical culture during the formative years of child development.

Appropriate physical activity prevents the onset of some diseases and postpones the debilitating effects of the aging process. A good Physical education program can help children regulate their weight by burning calories, toning their bodies and improving their overall body composition.

Here are some of such benefits:

Reduced risk of heart disease:

Physical education can counteract major risk factors of coronary heart disease: obesity, inactivity and high blood pressure.

Improved physical fitness:

A good Physical education program improves children's muscular strength, flexibility, muscular endurance, body composition (fat-to-muscle ratio) and cardiovascular endurance.

Stronger bones:

Regular physical activity increases bone density to create a sturdy skeleton.

Weight regulation:

Health promotion:

Improved judgment:

Quality physical education can influence moral development. Students have the opportunity to assume leadership, cooperate with others and accept responsibility for their own behavior.

Self discipline:

A good program teaches children to follow rules and established procedures and to be responsible for their own health-related fitness.

Skill development:

Physical education develops skills which allow enjoyable and rewarding participation in physical activities. New skills become easier to learn.

Experience setting goals:

Physical education gives children the time and encouragement they need to set and strive for personal, achievable goals.

Improved self-confidence and self-esteem:

Physical education instills a strong sense of self-worth in children. They can become more confident, assertive, emotionally stable, independent and self-controlled.

Stress reduction:

Physical activity is an outlet for releasing tension and anxiety.

Strengthened peer relationships:

Physical education can be a major force in helping children socialize with others more successfully. Being able to participate in games and sports is an important part of fitting in, especially for those in late childhood and early adolescence.

Reduced risk of depression:

Physical education is effective in the promotion of mental health.

More active lifestyles:

Physical education promotes a more positive attitude towards physical activity.

Stronger Peer Relationships

Today's physical education classroom is different than the gym class of the past. Rather than pitting children against one another in athletic competitions, today's gym teacher creates a positive environment where students are encouraged to be active. This positive approach to physical education can help foster stronger peer relationships, even among kids who are not at the same level of physical fitness. In addition, sports, dances and similar physical activities tend to be the social gatherings of older children. Physical education class gives a platform in which students can learn the skills they need for these social activities in the future.

Lowered Stress

Recess and physical education give kids the opportunity to get active and take their minds off traditional schoolwork — it's a period of stress release in a busy school day. The **American Academy of Pediatrics** indicates that optimal cognitive processing in a child requires a period of interruption after instruction. They also indicated that periodic breaks from the academic day were beneficial to students of all ages. Physical education class and recess both provide this break, making kids better able to learn and process the information they are receiving from their teachers.

When teachers work together, gym class can also enforce the subjects taught in other classes. It can provide a real-life lab application for topics they're learning about in science and math class, for example. The science or math teacher can point to the activities performed in P.E. as an example of important classroom concepts.

Improved Emotional Health

Finally, students benefit from improved emotional health when they get regular physical fitness instruction. Physical activity releases tension and anxiety, serving as a great stress reliever for many kids. Once stress has been released, kids are better equipped to face the challenges of the classroom and their social lives with greater emotional stability.

Physical fitness training can instill a strong sense of self-worth and self-confidence, especially for those students who struggle in the classroom. By working hard to attain a physical goal, students are able to gain a sense of achievement, which provides great emotional benefits.

Yes, physical education is important — just as important as algebra and English. If your school is talking about cutting physical education or recess time, put up a fight. Your students need these programs!

Physical Education Should be Part of School Curriculum Yes, physical education should be a part of school curriculum because it teaches valuable life skills. Physical education teaches children the importance of physical fitness, as well as the value of teamwork. Teamwork is very valuable in all walks of life, and everyone on the planet can benefit from physical fitness.

Their bodies, their choices. The children who want to stay fit and active will find ways to do so. From sports, to walking your dog, to doing something as little as crunches or pushups in your bedroom, there will always be a way for a child to exercise. Whether or not they do the right thing for their bodies is their choice, and I don't think the schools have a right to push physical activity onto them.

Physical education is very important for students. When it is a part of school they enjoy it more. They become stronger and healthier. The bones and muscles need exercises. Dance, Jogging, Karate, Parachute, Shuttle, Squash are some of the best games. Skipping also helps the kids to grow well.

A student's GPA should not suffer because they are not physically active. Physical education has no bearing on academia, and health and exercise related education should be relegated to either lectures or an elective for students who choose to pursue physical fitness as a later career goal in sports or weightlifting or what have you.

It is important for children to engage in daily activities. Children spend a significant amount of time sitting in stationary positions while in school. Physical education provides a break from the constant sitting and allows children to move around. Not only are their health benefits to regular physical activity, but it helps recharge their brains and usurp the mental benefits of play.

When children are praised or criticized for their quality of work and intelligence more specifically, they develop a fixed theory of the concept "intelligence". Hence, "Intelligence" then becomes something you either have or you work hard to get. This is the concept every child is striving to achieve. Consequently, the child's development surrounds around its well-being, which mostly includes only theoretical topics till the age of 15 years as major part of their education.

Physical education as an important part of overall child education and development has started getting the due importance in the contemporary world. However, earlier it was one of the highly ignored aspects in the context of overall development of a child. Having said the above, most certainly we all can further vouch for the fact that how sports inculcates qualities like leadership, discipline, sharing, team work, honesty, team spirit, tolerance and many more among its participants. However, we cannot vouch and say that every child in a school gets an opportunity to experience this.

Realizing its importance many schools have woken up and started taking steps in the direction, with many already working with outsourced professional organizations to help deliver systematic Physical education & sports programs within the school hours of Physical education periods.

One also notices an interesting shift in the mindset of parents, as now they have become more aware and understand the importance of a physically fit body. Also the realization of the ill effects of today's lifestyle on their children has made parents become more involved in trying and keeping their children fit, they now encourage their children to take up some form of sports or physical activity along with their studies.

A large number of schools have come up with initiatives where they not only provide the best sports infrastructure to encourage sports education among the young blood of the country but also provide systematic physical education programs by partnering professional companies with specialization in the field such as The Sports Gurukul.

If schools set, a dedicated sports & physical education program so that children are exposed to physical activity from young & tender age, we can ensure that a huge number of children will be able to appreciate and understand the importance of physical education. This would further help

them in being active throughout their lives and will encourage active participation in all forms of sports.

Importance of Physical Education and School Sports

PE and School Sport can majorly contribute to agendas such as educational achievement, public health, community cohesion and of course sporting performance at the highest level. Sports, physical education, education and health are interlinked and together contribute significantly to holistic human resource development. Within schools, physical education is an essential component of quality education. Not only do physical education and sport programmes promote physical activity, there is evidence that such programmes co-relate to improved academic performance. Given that rates of physical activity tend to decrease from adolescence, it is imperative that young people in primary schools gain an appreciation of Physical Education and School Sport in order to ensure life long active and healthy living.

Status: Physical Education in Indian schools

Health and Physical Education, having components of health education, physical education and yoga are an integral part of school curriculum in India. Majority of the schools have Physical Education teachers at the secondary level (Classes 6-10) and hence physical education is not taught at the primary level whereas Sport and Play is one of the most distinctive features of early childhood. Through play, children both enjoy and challenge their current capacities, whether they are playing alone or with others. The value of creative play and exploratory learning is widely recognized in early childhood education. Sport-based projects can contribute to the fulfillment of the right of the child to the enjoyment of the highest attainable standards of health. With the enactment of the Right of Children to Free and Compulsory Education Act 2009 (RTE Act) all schools (private, Government and aided) are mandated to provide free and compulsory child-friendly education to all 6-14 year olds across India. The importance of health and physical development has been emphasized in the National Curriculum Framework as: 'Physical development supports mental and cognitive development especially in young children. The curriculum must have a holistic approach to learning and development that is able to see the interconnections and transcend divisions between physical and mental development'. Most schools have put in place physical education teachers/coaches in upper primary school as

mandated in the schedule of the RTE Act but a huge gap that needs to be addressed is to build on the experiences of the work in primary schools to ensure a robust sports and physical education programme in upper primary and secondary schools.

References:

Physical fitness and sports standards in universities- compilation of papers presented in the seminar at Jaipur.

Skills and tactics field athletics-lokesh thani

Run and discover your strength-air marshall PV Iyer

Book of sports and games- Mukesh kumar

<http://www.sausd.us/Page/14836>

<http://www.phitamerica.org/Page1139.aspx>

<http://www.progressiveteacher.in/power-of-physical-education-and-school-sport-for-human-development/>

<http://www.teachhub.com/physical-education-school-valuable-children>

<http://indiatoday.intoday.in/education/story/importance-physical-education/1/628966.html>

Author:Dr P Ratna Mary Ph:9885086133 Email: ratnamary65@yahoo.in